



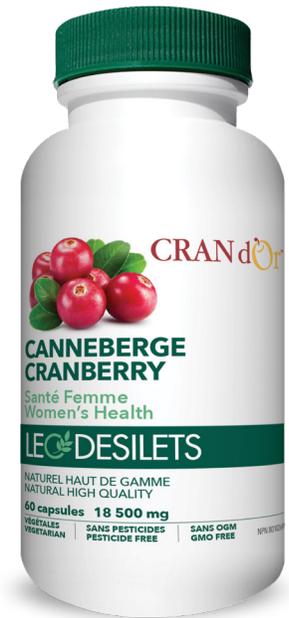
CRANBERRY

Used in herbal medicine to help prevent recurrent urinary tract infections (UTIs) in women.

60 capsules 18 500 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80102649



Our Cranberry product contains a powdered cranberry extract with a high concentration of proanthocyanidins. It is made from 100% cranberries, grown and processed in Canada.

History

The indigenous peoples of the Americas used cranberries as a preservative for meat and fish, but also to treat urinary tract infections and various disorders of the digestive system, liver, kidneys, and blood. Because of the therapeutic and culinary properties of cranberries, they were quickly adopted by Europeans during the colonization of North America.

Urinary Tract Infections (UTIs)

Urinary tract infections (UTIs) refer to a set of symptoms centered around the urogenital tract when a certain level of bacteria is present in the urine. These bacterial infections are relatively common, especially in adult women; it is estimated that almost half of all women will develop one in their lifetime.² Cranberries are very rich in flavonoids, which give them a powerful antioxidant activity, and they are abundant in phenolic compounds, which neutralize free radicals. They contain anthocyanidins, flavonones (catechins), flavones, tannins (flavonols: proanthocyanidins, quercetin) ...

At the beginning of the 20th century, it was believed that the benefit of cranberries for treating urinary tract infections was due to their acidity and the acidification of urine. This theory was refuted in the late 1950s.³ It is now thought that a certain type of proanthocyanidin found in cranberries can prevent bacteria from sticking to the walls of the urinary tract, thereby preventing bacteria from multiplying.⁴

A 2012 meta-analysis,⁵ covering 10 clinical trials and 1,494 subjects, compared the effects of consuming different cranberry products (consumers vs. non-consumers). The article concluded that products containing cranberries are associated with a preventative effect against urinary tract infections.

MEDICINAL INGREDIENT

Cranberry
(*Vaccinium macrocarpon*, Fruit)
..... 500 mg
(37:1, QCE 18,5 g)

NON-MEDICINAL INGREDIENT

Hypromellose

RECOMMENDED DOSE

Adults 18 years and older: 1 capsule, once per day.

PRECAUTIONS AND WARNINGS

Consult a health care practitioner prior to use

- if you have a history of kidney stones
- if you are taking blood thinners
- if symptoms persist or worsen.

Cran d'Or™ is a Fruit d'Or trademark

USDA¹ CLASSIFICATION

Kingdom: *Plantae*
Division: *Magnoliophyta*
Class: *Magnoliopsida*
Order: *Ericales*
Family: *Ericaceae*
Genus: *Vaccinium L.*
Species: *Vaccinium macrocarpon Aiton*

Health Canada recognizes the use of cranberries in herbal medicine for the prevention of recurrent urinary tract infections and recommends a dose equivalent to between 10 and 30 grams of fruit per day. Our Cranberry product provides 500 mg of a cranberry extract, equivalent to 18.5 grams of cranberry. It often takes 4 weeks to see the beneficial effects of cranberries.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

REFERENCES

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- ² Foxman B. **Epidemiology of Urinary Tract Infections: Incidence, Morbidity, and Economic Costs.** *is Mon.* 49(2):53-70. 2003
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